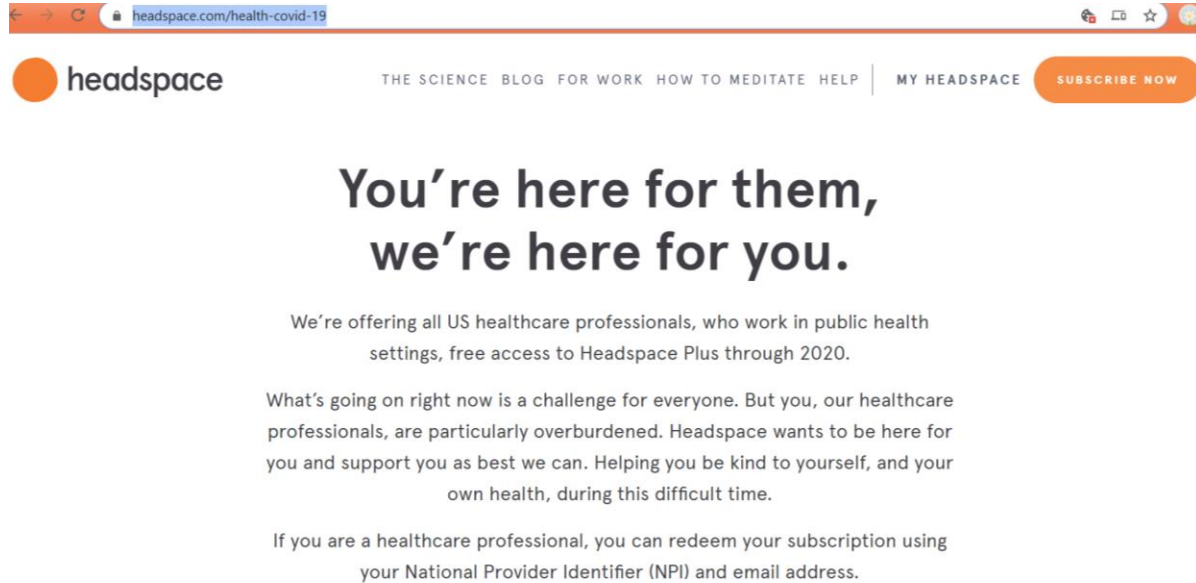


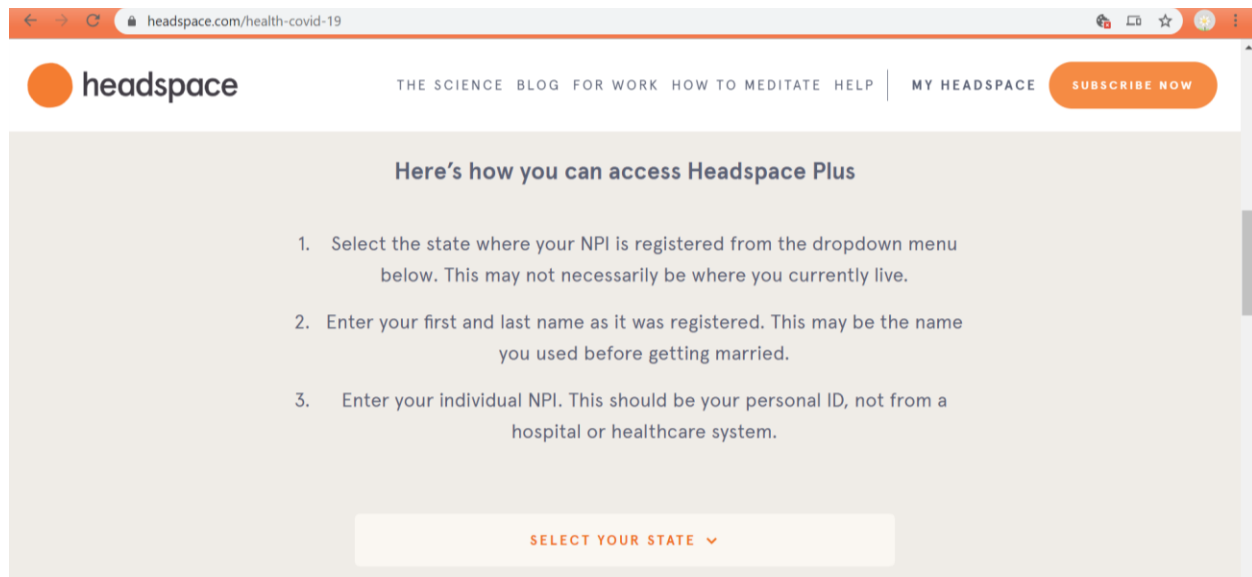
Free access to Headspace Plus through 2020 for healthcare providers

1. Go to : <https://www.headspace.com/health-covid-19> and scroll down until you see this:



The screenshot shows the top of the Headspace website. The browser address bar displays "headspace.com/health-covid-19". The navigation bar includes the Headspace logo, a menu with "THE SCIENCE", "BLOG FOR WORK", "HOW TO MEDITATE", and "HELP", a "MY HEADSPACE" link, and a "SUBSCRIBE NOW" button. The main content area features the headline "You're here for them, we're here for you." followed by text stating that all US healthcare professionals working in public health settings can receive free access to Headspace Plus through 2020. It also mentions that Headspace wants to support healthcare professionals who are overburdened and offers a redemption process using a National Provider Identifier (NPI) and email address.

2. **Scroll down and Select North Carolina**



The screenshot shows the "Here's how you can access Headspace Plus" section of the website. It contains a numbered list of three steps: 1. Select the state where your NPI is registered from the dropdown menu below. This may not necessarily be where you currently live. 2. Enter your first and last name as it was registered. This may be the name you used before getting married. 3. Enter your individual NPI. This should be your personal ID, not from a hospital or healthcare system. Below the list is a dropdown menu labeled "SELECT YOUR STATE" with a downward arrow.

3. **Sign up for a Headspace account or Log In if you already have a free account**

Join Headspace

Get Headspace for free, sponsored by
Headspace for North Carolina HCPs

- ✓ 1000+ hours of mindfulness and sleep content
- ✓ Mini exercises for busy schedules
- ✓ Proven to reduce stress in just 10 days

Enter your last name exactly as it appears in the NPI registry, and make sure you've selected the state where your NPI is registered. [Learn more.](#)

Sign up

ALREADY HAVE AN ACCOUNT? [LOG IN](#)

SIGN UP

OR

SIGN UP WITH FACEBOOK

4. Enter your last name and NPI

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Enter your last name exactly as it appears in the NPI registry, and make sure you've selected the state where your NPI is registered. [Learn more.](#)

Your Headspace account



Your Headspace for North Carolina HCPs team info

Verify

Contact learnsupport@headspace.com if you experience any issues with enrollment.

5. If you get a green checkmark, you should be good to go!